



Tapas, Templates & Temperance

- a Public Health lens on housing and wellbeing

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- Lead for Housing and Homelessness*

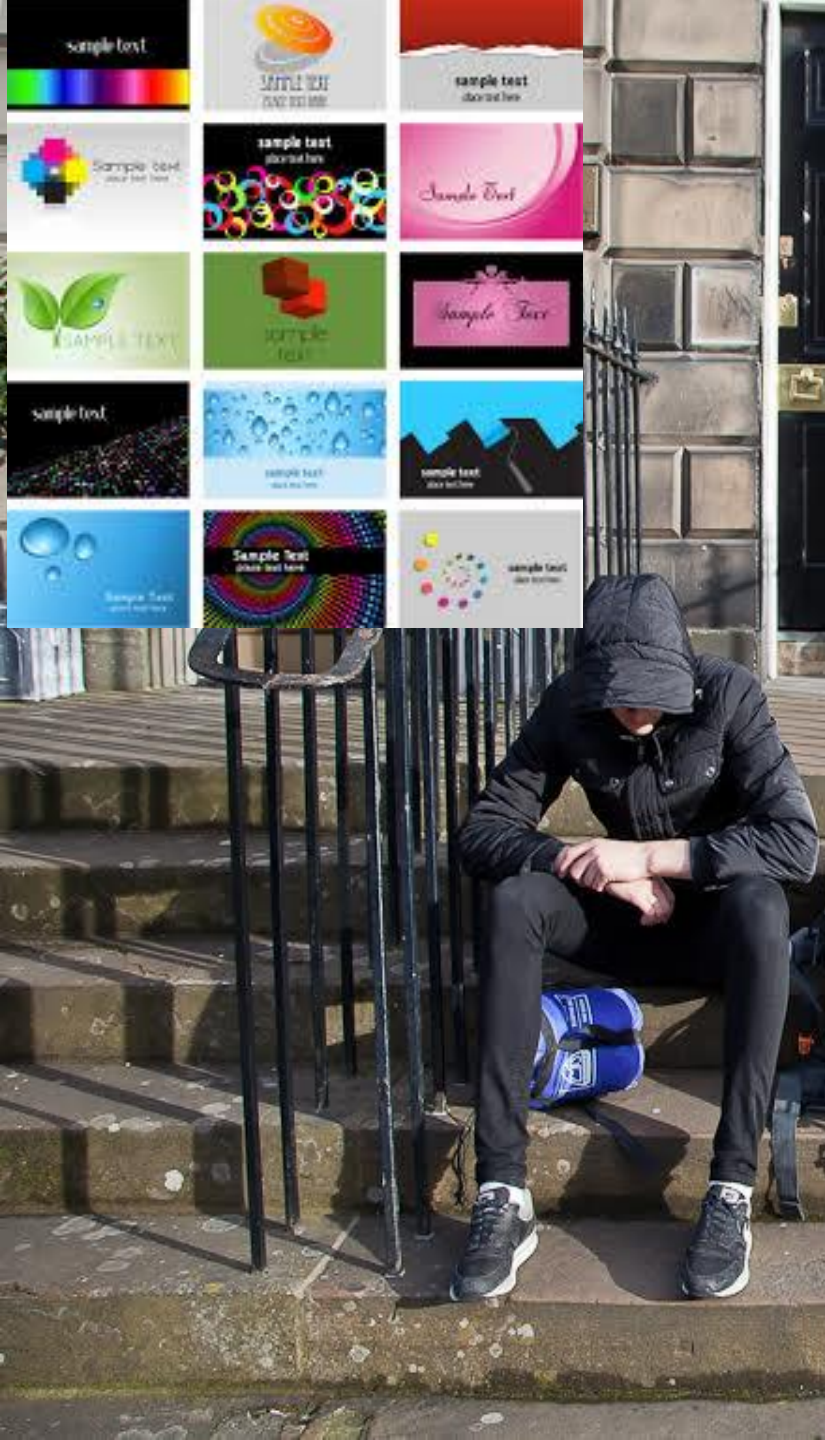
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[@Neil_Hamlet](https://twitter.com/Neil_Hamlet)

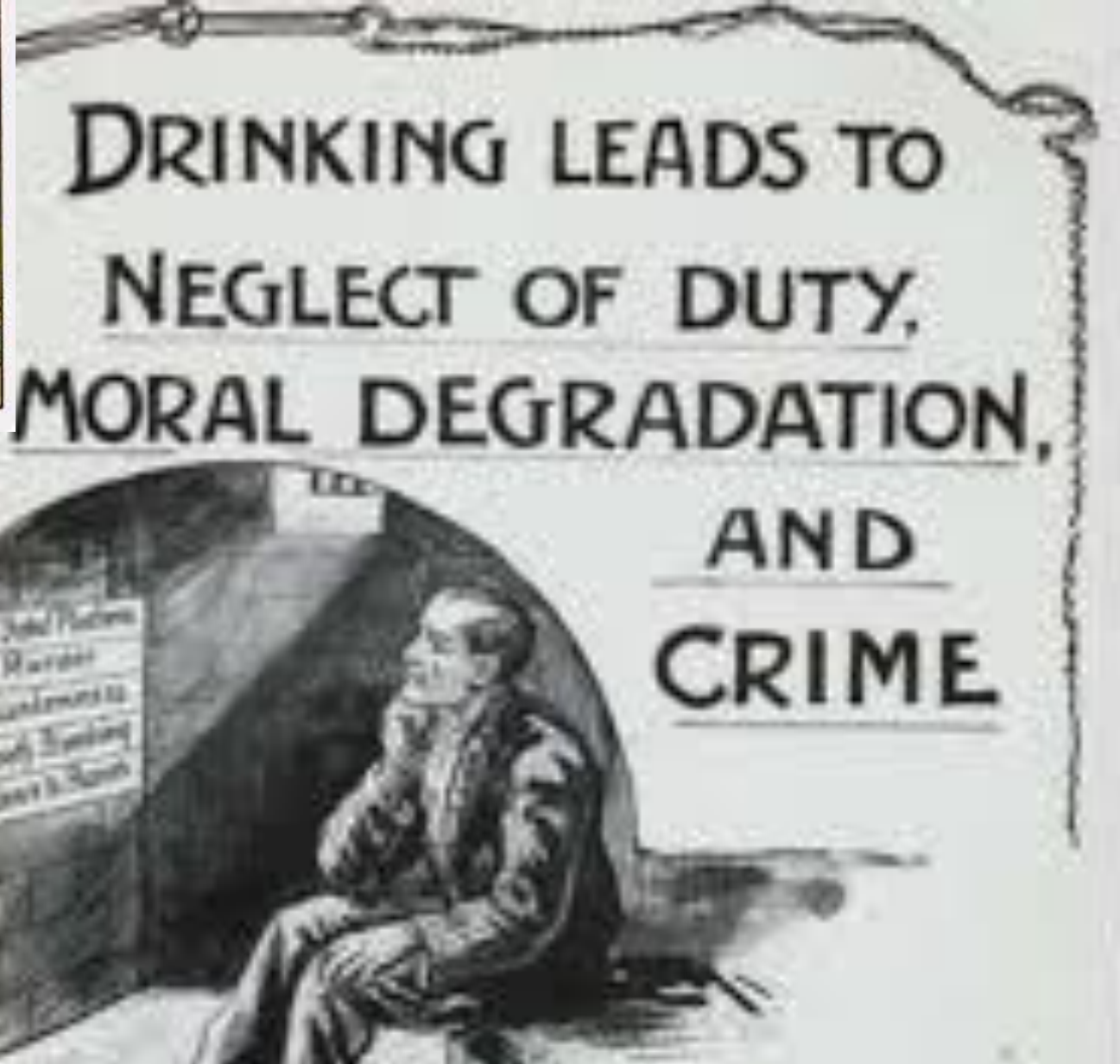
Tapas



Templates



Temperance



But first

your attention

please

CINÉ REAL

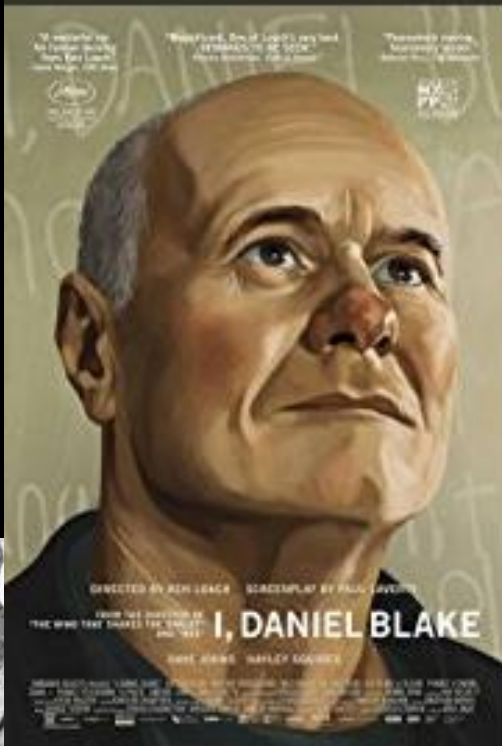


+ I, Daniel Blake (2016)

15 | 1h 40min | Drama | 21 October 2016 (UK)

★ 7.9 / 10
37,637

★ Rate
This



2:23 Trailer

2 VIDEOS | 17 IMAGES

35★

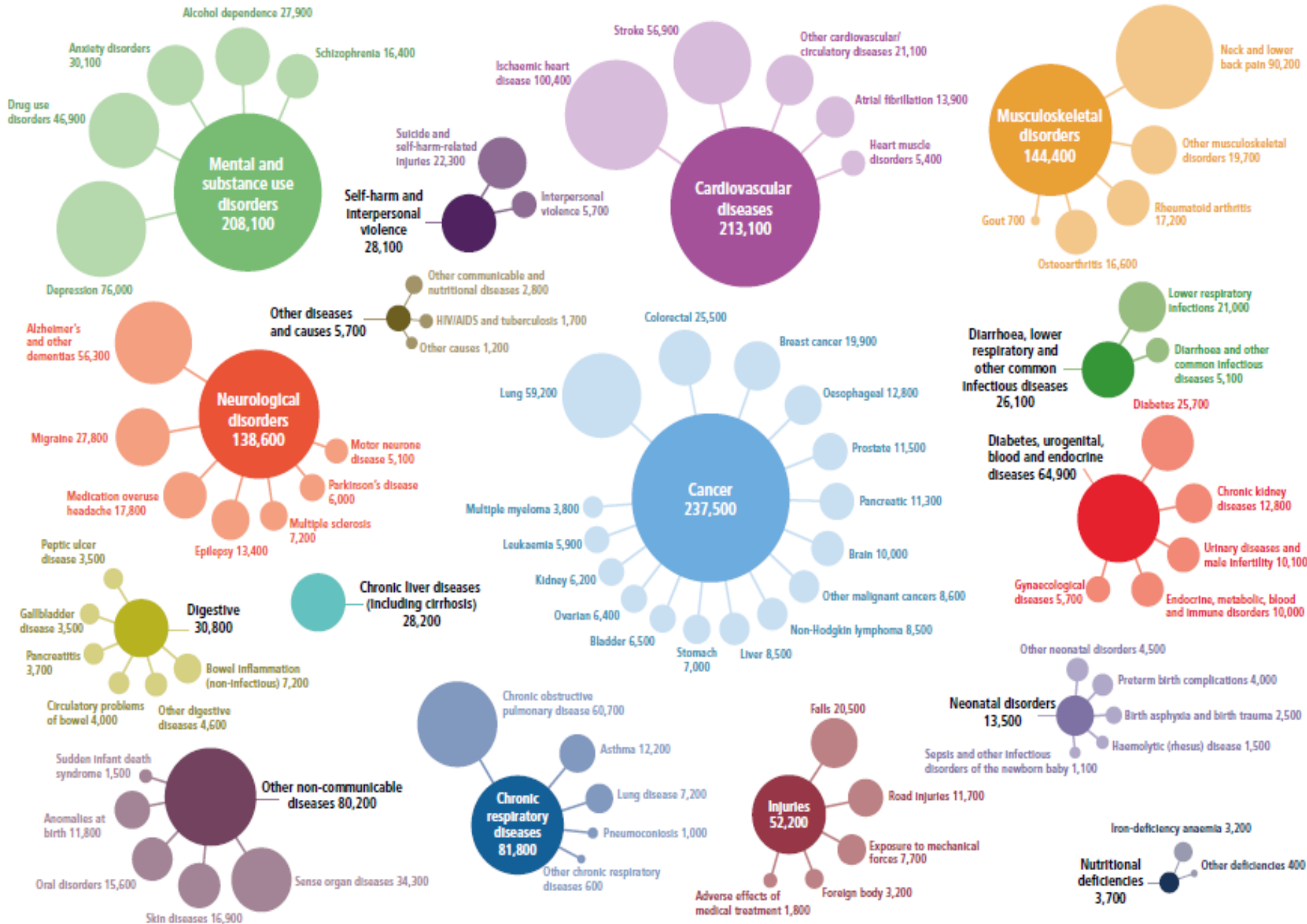
CATHY COME HOME (1966) • 16mm PROJECTION

THE RUSSET • 26th February, 7.45pm • E8 2BT

★ 35

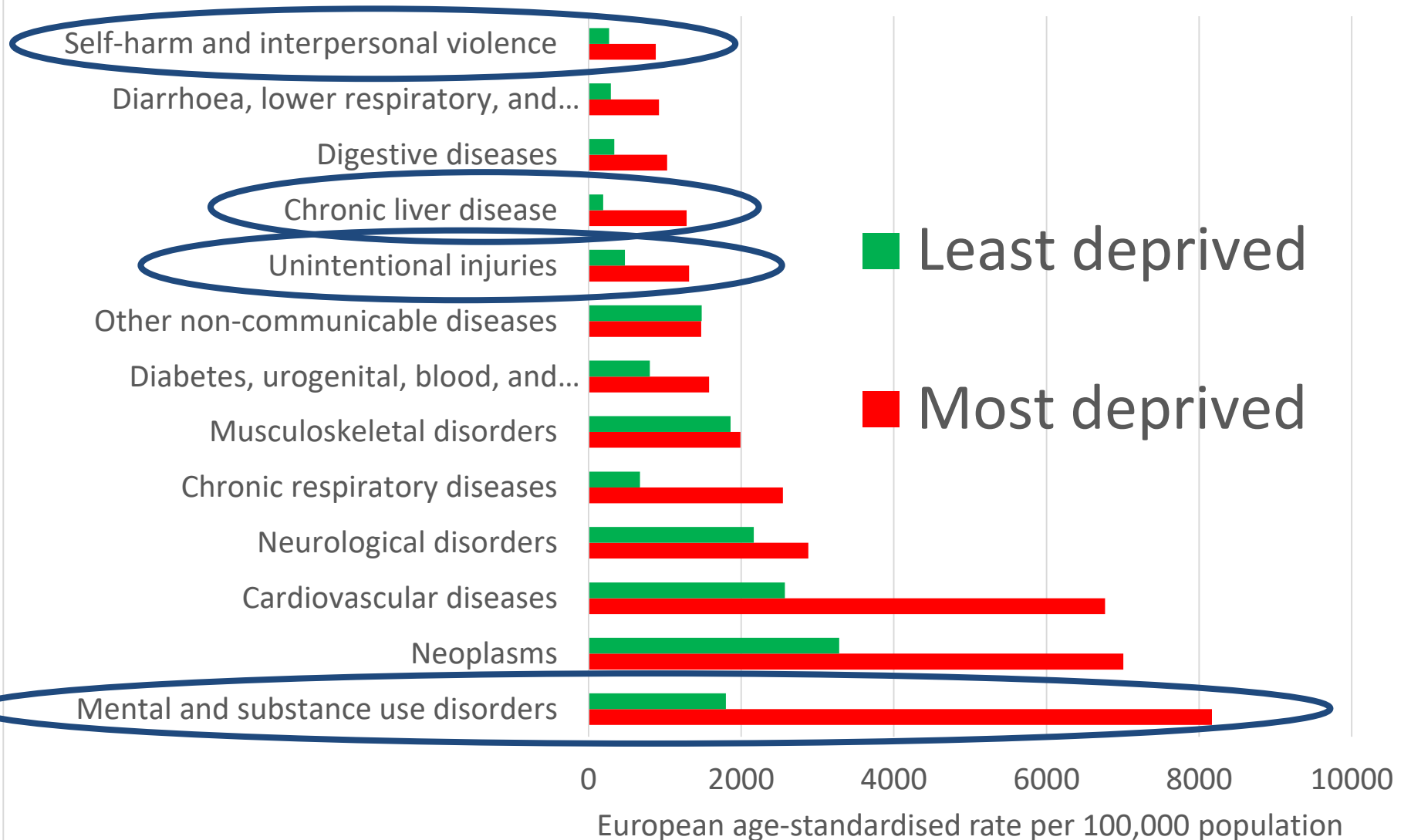
ms

Burden of disease in Scotland, 2015

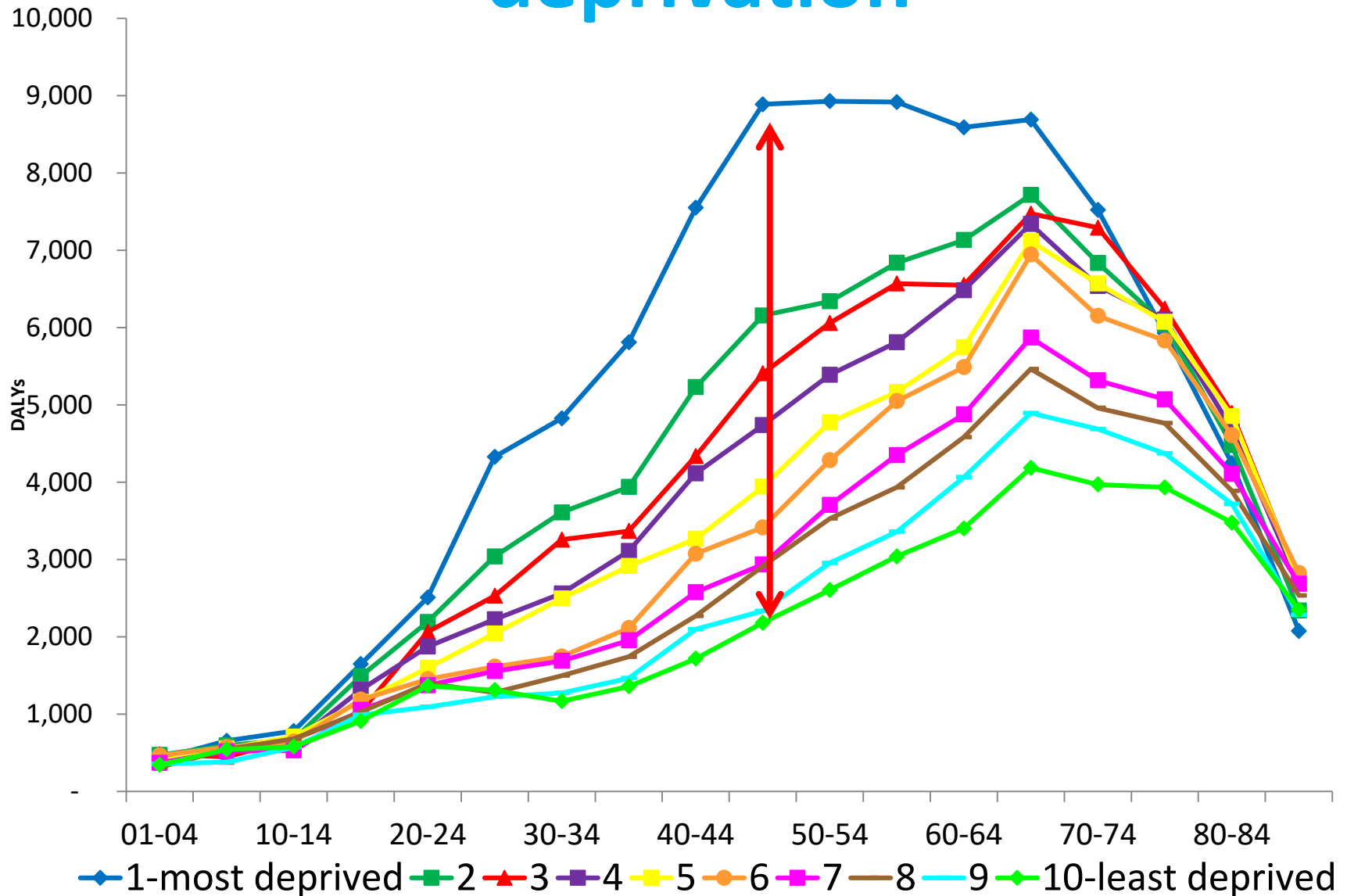


Note: Disability-adjusted life years rounded to the nearest 100. • Scottish burden of disease study • www.scotpho.org.uk/comparative-health/burden-of-disease/overview

Burden by high level grouping, Scotland 2015 PROVISIONAL



SBOD 2016: Male burden by age and deprivation





EQUALITY



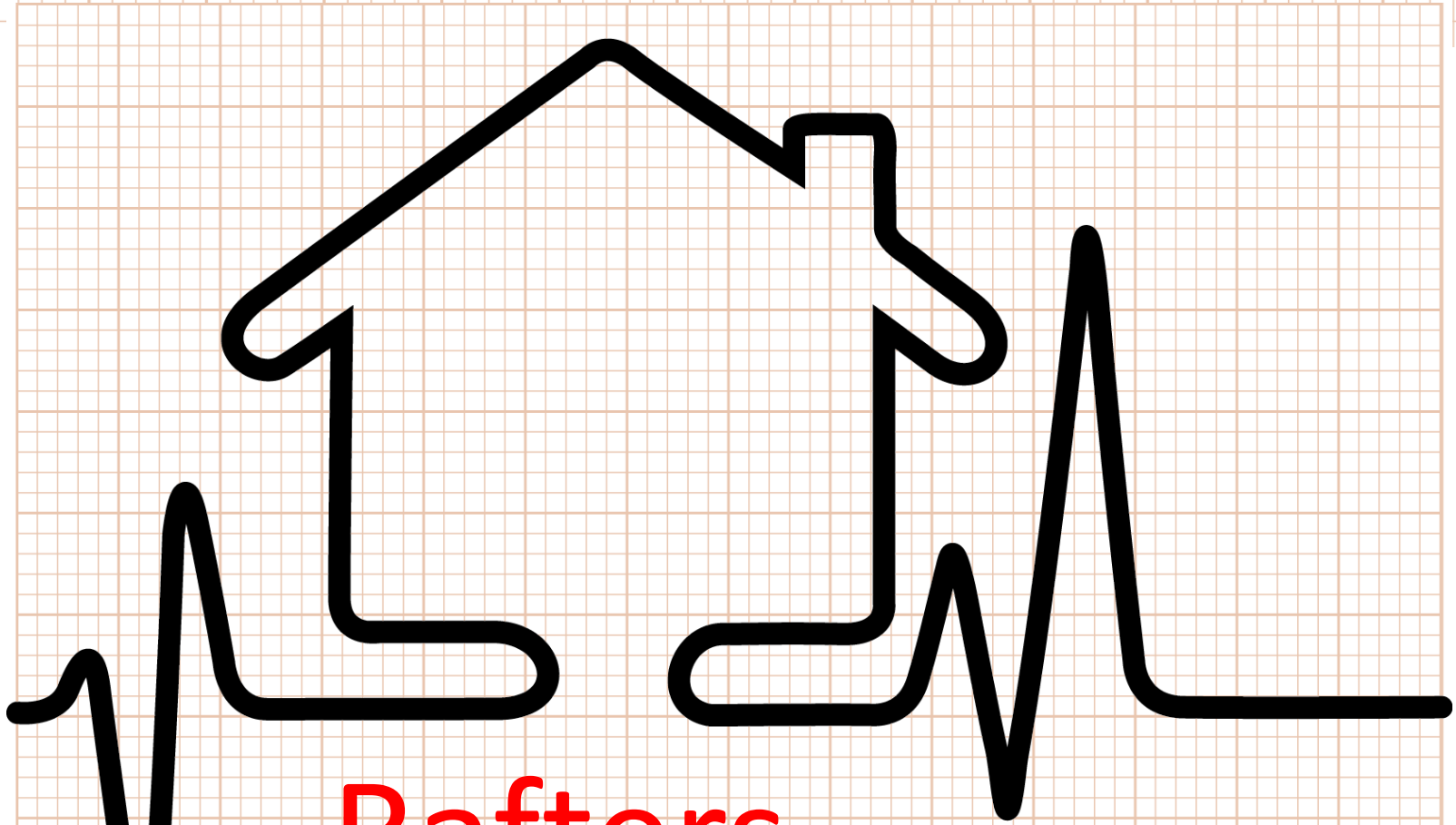
EQUITY

Rafters and Relationships

Bricks and Biology

Homes and Hope

Kindness & Connection



Rafters

Housing – the
bedrock on
which we build
our lives and
reach our
potential for
health and
wellbeing across
the life course.



Commission on
Housing & Wellbeing

A blueprint for
Scotland's future

June 2015

'Housing
generates Wellbeing'

<http://housingandwellbeing.org/>

The 'Home' is the bedrock salutogenic environment

Affordable provision

Quality - warmth

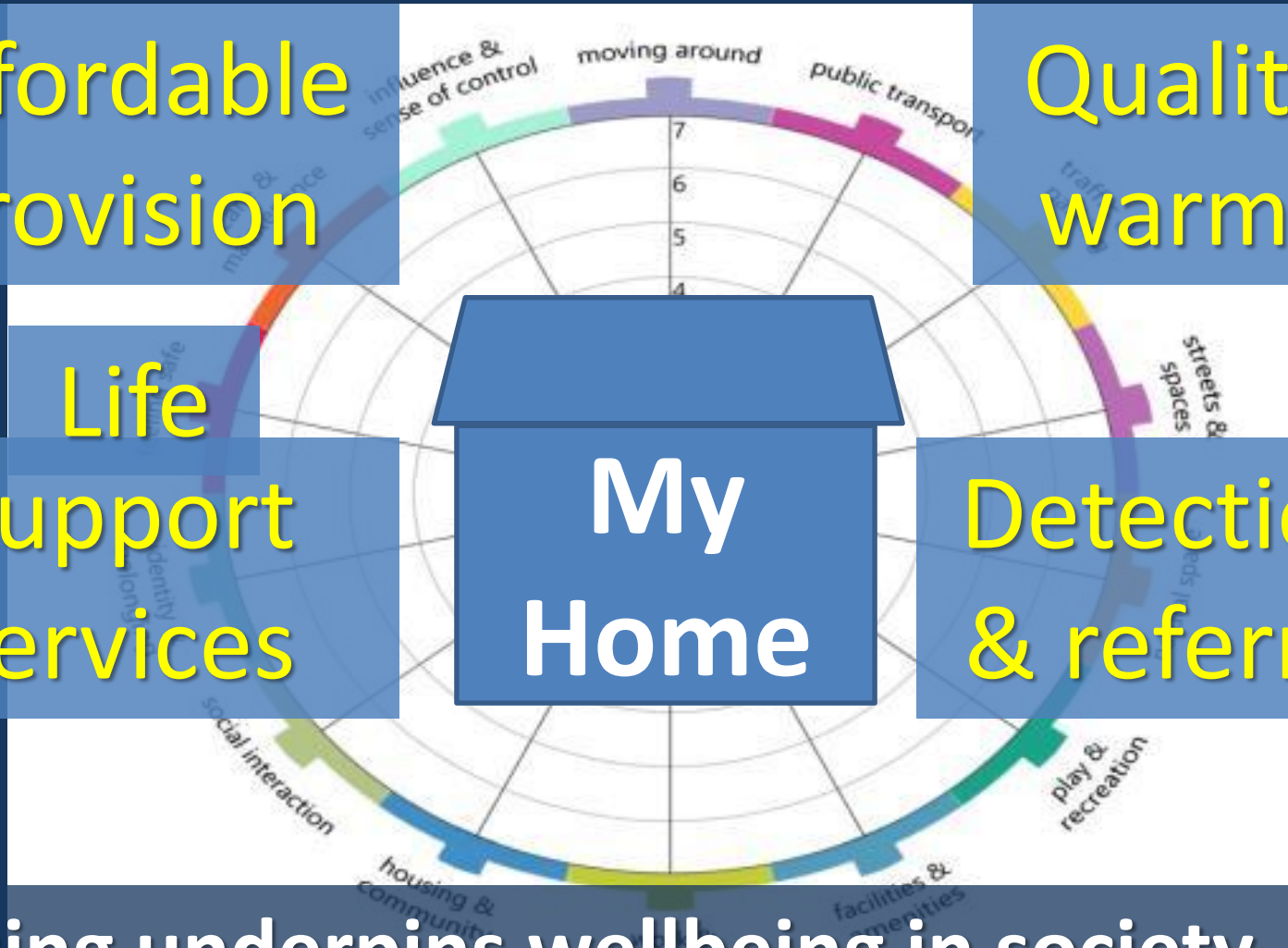
Life

Support services

My Home

Detection & referral

Housing underpins wellbeing in society





r e p o r t

Public Health as a catalyst for new approaches and partnerships

Scottish Public Health Network

Restoring the Public Health response to Homelessness in Scotland

Katy Hetherington

Neil Hamlet

May 2015

www.scotphn.net/projects/homelessness-guidance-for-public-health/



r e p o r t

Scottish Public Health Network

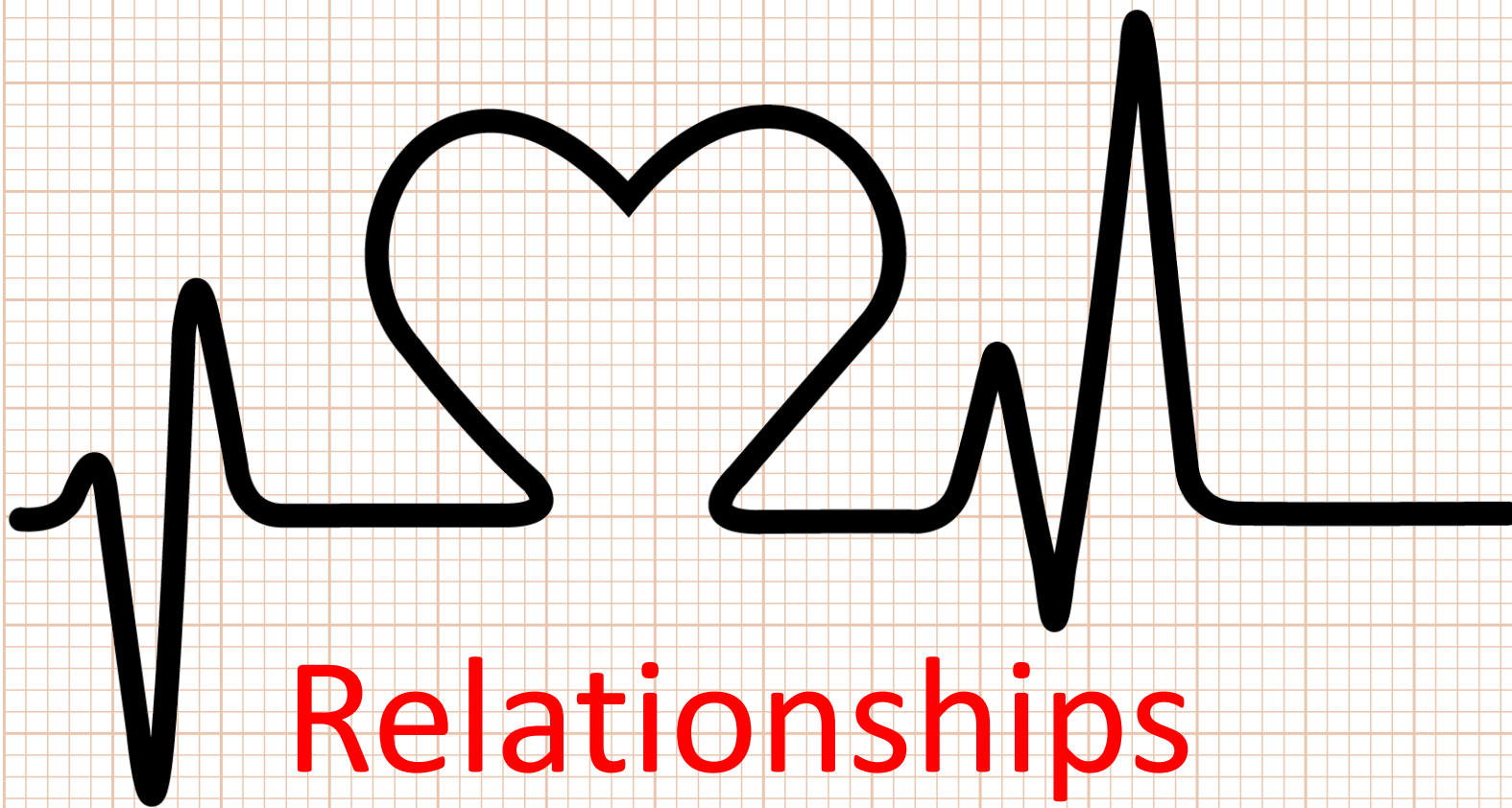
Foundations for well-being: reconnecting public health and housing. A Practical Guide to Improving Health and Reducing Inequalities.

Emily Tweed, lead author on behalf of the ScotPHN Health and Housing Advisory Group with contributions from Alison McCann and Julie Arnot

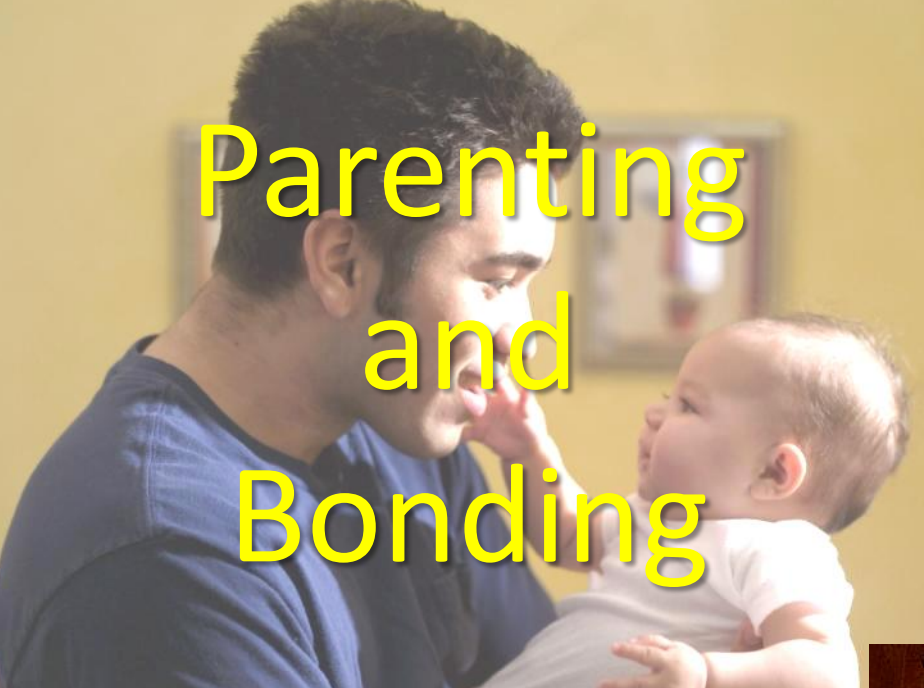
January 2017

An issue of Scottish justice

*“It could be argued that, in the UK, access to high-quality, affordable housing in neighbourhoods which promote health and wellbeing is one of the **most unequally distributed of all the social determinants of health.**”*



Relationships



Parenting
and
Bonding



Children
at Risk
- prevent
ACEs



Broken
Relationships –
Broken Lives



Predict and
prevent critical
transitions

Critical Transitions



Home

Care

Leaving

Springboards

Prison

Military

House

Mind

Safety Nets

Losing

Loved One

Job

Arguing with mum

Going missing

Night terrors

Drug use

Offending

**Mental health
difficulties**

Truanting

CSE

Anxiety



Welsh Adverse Childhood
Experiences (ACE) Study

Adverse Childhood
Experiences

and their impact on
health-harming behaviours
in the Welsh adult population



ALCOHOL USE, DRUG USE, VIOLENCE,
SEXUAL BEHAVIOUR, INCARCERATION,
SMOKING AND POOR DIET



...our
pasts
embed in
our
present

Overwhelming experiences affect our innermost sensations and our relationships with our physical reality – the core of who we are.

Trauma leaves an
and body.

imprint on mind



ACE Study – Wales

How many adults reported each ACE in 2017?

Child maltreatment



Verbal abuse
20%



Physical abuse
16%



Sexual abuse
7%

Household ACEs



Parental separation
25%



Mental illness
18%



Domestic violence
17%

Neglect was measured for the first time in 2017. Most people who reported neglect had multiple ACEs.



Emotional neglect
7%



Physical neglect
4%



Alcohol abuse
13%



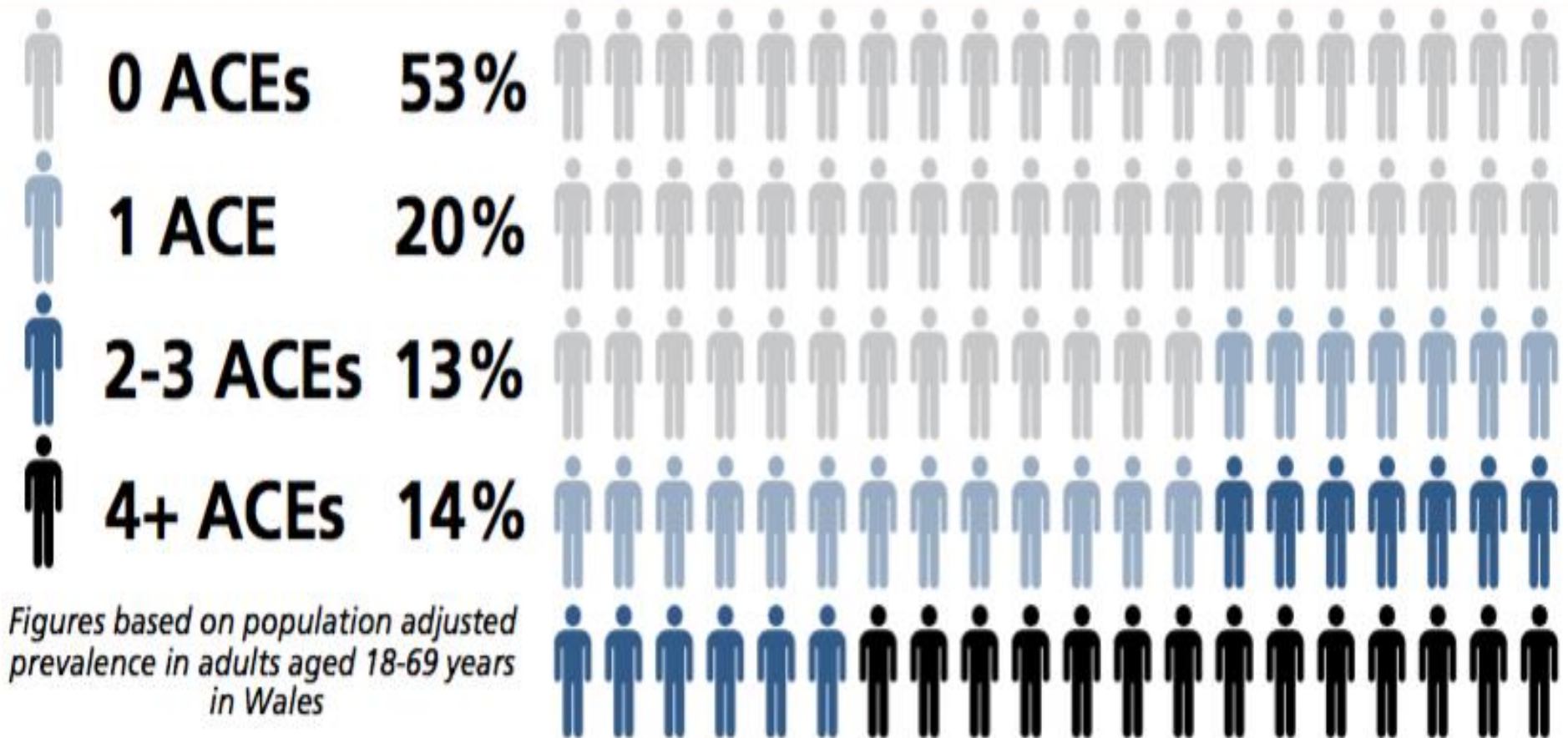
Drug abuse
6%



Incarceration
4%

It is so, so common to all of us

For every 100 adults in Wales 47 have suffered at least one ACE during their childhood and 14 have suffered 4 or more.



Compared with

Home » Population groups » Children » Adverse Childhood Experiences

Children

Children

Adverse Childhood Experiences

Adverse Childhood Experiences

Adverse Childhood Experiences (ACEs) are stressful events occurring in childhood including

- 4 times more likely
- 6 times more likely
- 6 times more likely
- 6 times more likely
- 11 times more likely
- 14 times more likely
- 15 times more likely
- 16 times more likely
- 20 times more likely

<http://www.healthscotland.scot/population-groups/children/adverse-childhood-experiences>





Psychologically Informed Environments



What is a Psychologically Informed Environment?

A place or service where the overall approach and day to day running have been consciously designed to meet the psychological and emotional needs of its clients, not convenience, cost or health and safety.

Originally developed by R. Johnston and R. Haigh, Royal College of

Psychiatry 2010

Building trusting relationships

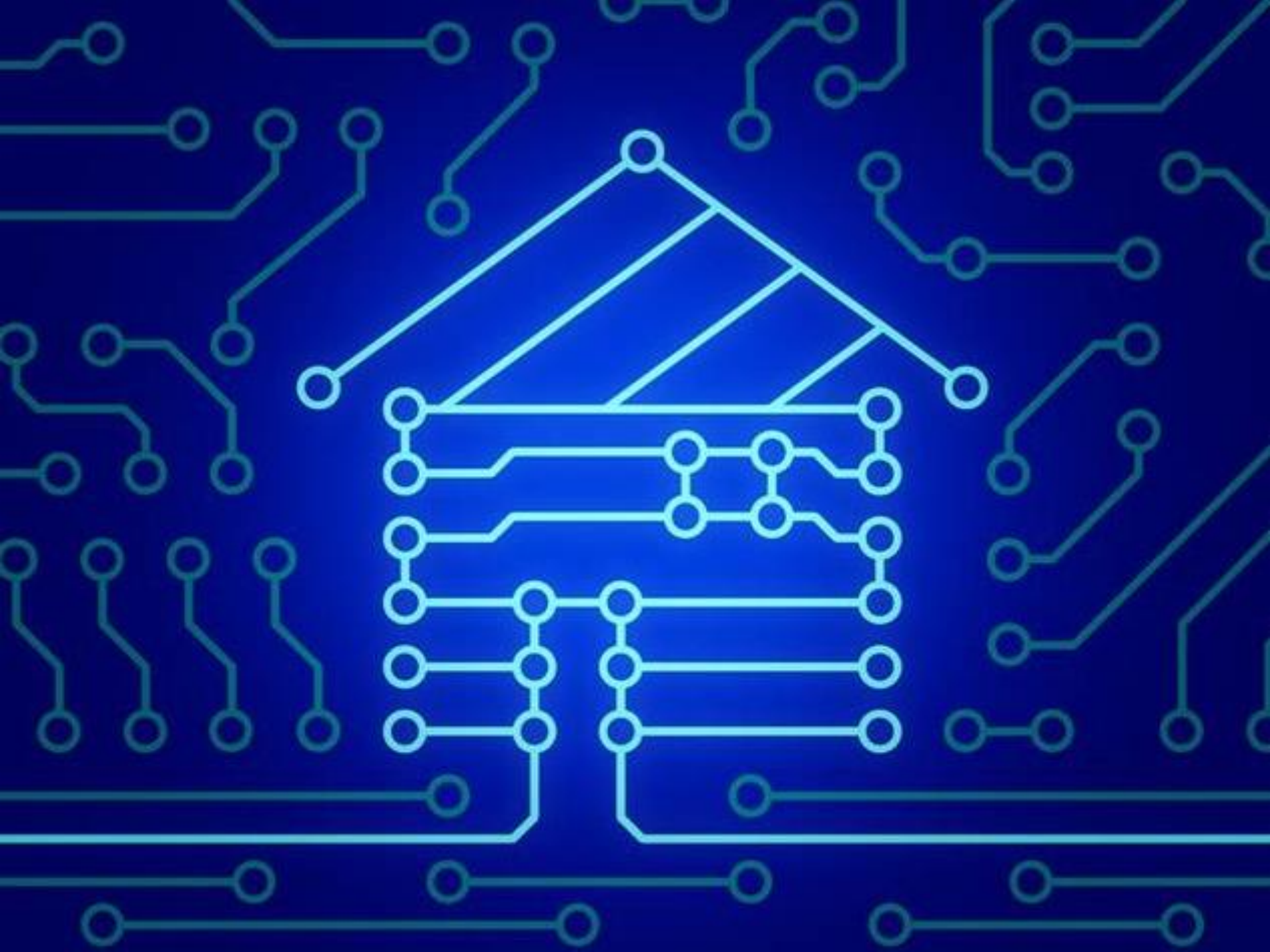
- Takes time, patience and oodles of tolerance
- Needs trained and resilient staff
- See past, through behaviours and emotions
- Buildings, services, ethos
- Supportive culture for staff and actively promotes their health and well-being

Sticky Caring

Elastic Tolerance

Staff Support





Children in poverty more likely to have problems with friendships, study shows

Children who live in poverty are more likely to be solitary and to fall out with friends or be bullied, the National Children's Bureau says



- Financial poverty
- Poverty of education opportunity & choice
- Poverty of access & participation
- Poverty of power & influence
- Poverty of status & dignity
- Poverty of 'belonging'



Re-enactment

Recreating the childhood dynamic expecting the same result but hoping for a different one. This strategy is doomed to failure because the need is in the past and cannot be resolved. Also you will interpret anything as confirmation that you have been betrayed once more.

Loss of safety

The world becomes a place where anything can happen.

Loss of danger cues

How do you know what is dangerous when someone you trust hurts you and this is then your 'normal?'

Loss of trust

This is especially true if the abuser is a family member or a close family friend.

Shame

Huge, overwhelming, debilitating shame. As a child, even getting an exercise wrong at school can trigger the shame. The child may grow into an adult who cannot bear to be in the wrong because it is such a trigger.

Loss of intimacy

For survivors of sexual abuse, sexual relationships can either become something to avoid or are entered into for approval (since the child learns that sex is a way to get the attention they crave) and the person may be labeled 'promiscuous.'

Dissociation

Often, to cope with what is happening to the body during the abuse, the child will dissociate (disconnect the consciousness from what is happening). Later, this becomes a coping strategy that is used whenever the survivor feels overwhelmed.

Loss of physical connection to body

Survivors of sexual and physical abuse often have a hard time being in their body. This disconnection from the body makes some therapies known to aid trauma recovery, such as yoga, harder for these survivors.

Loss of sense of self

One of the roles of the primary caregiver is to help us discover our identity by reflecting who we are back at us. If the abuser was a parent or caregiver, then that sense of self is not well developed and can leave us feeling phony or fake.

Loss of self-worth

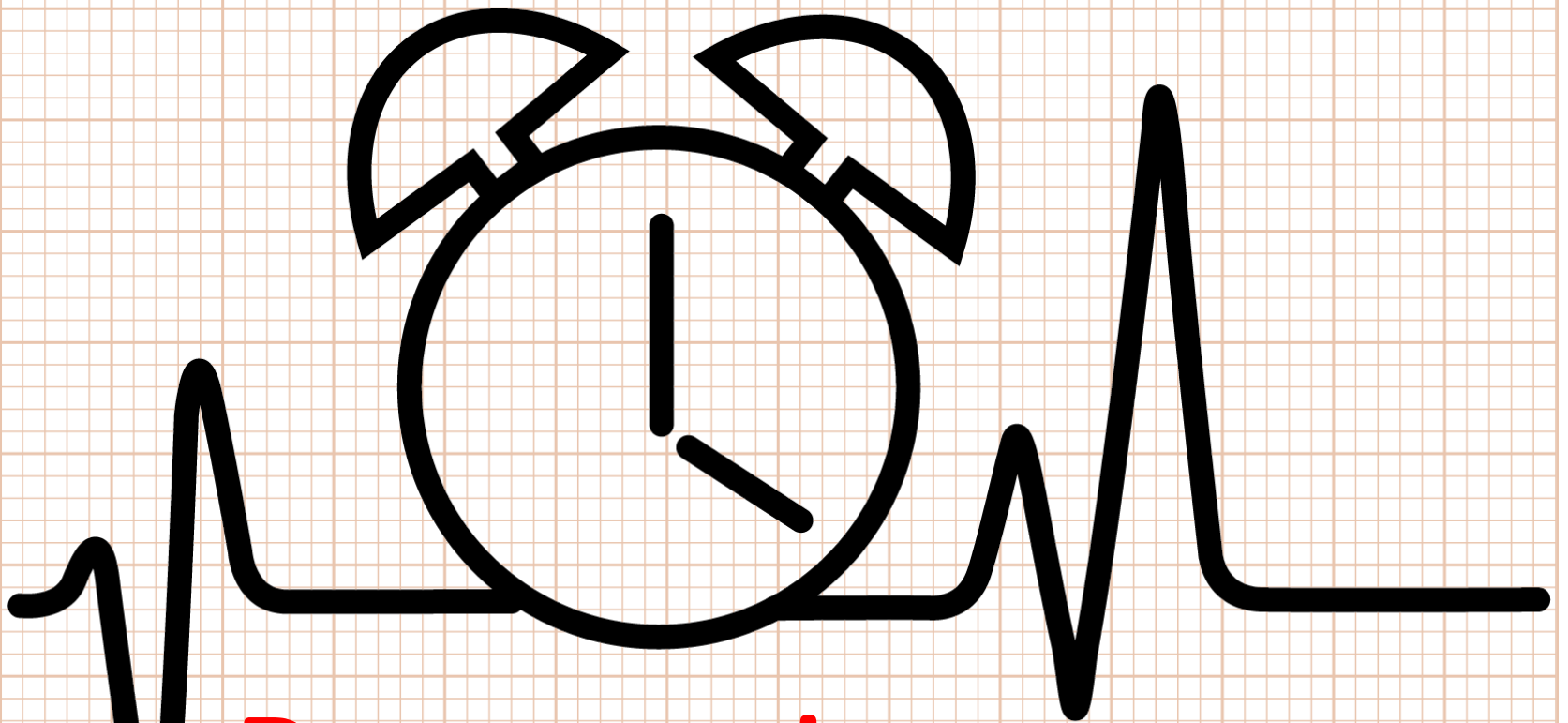
Trauma survivors can swing between feeling special—with grandiose beliefs about themselves—and feeling dirty and 'bad.' This self-aggrandizement is an elaborate defense against the unbearable feeling of being an outcast and unworthy of love.

A central blue circle containing the text "Impacts of TRAUMA". Lines radiate from this circle to ten different colored dots (red, blue, orange, purple) around the page, each leading to a specific impact of trauma. A small copyright notice "© Echo Parenting & Education 2017" is visible at the bottom left of the central circle.

**Impacts of
TRAUMA**

© Echo Parenting & Education 2017

Often, to cope with what is happening to the body during the abuse, the child will dissociate (disconnect the consciousness from what is happening). Later, this becomes a coping strategy that is used whenever the survivor feels overwhelmed.



Restoration

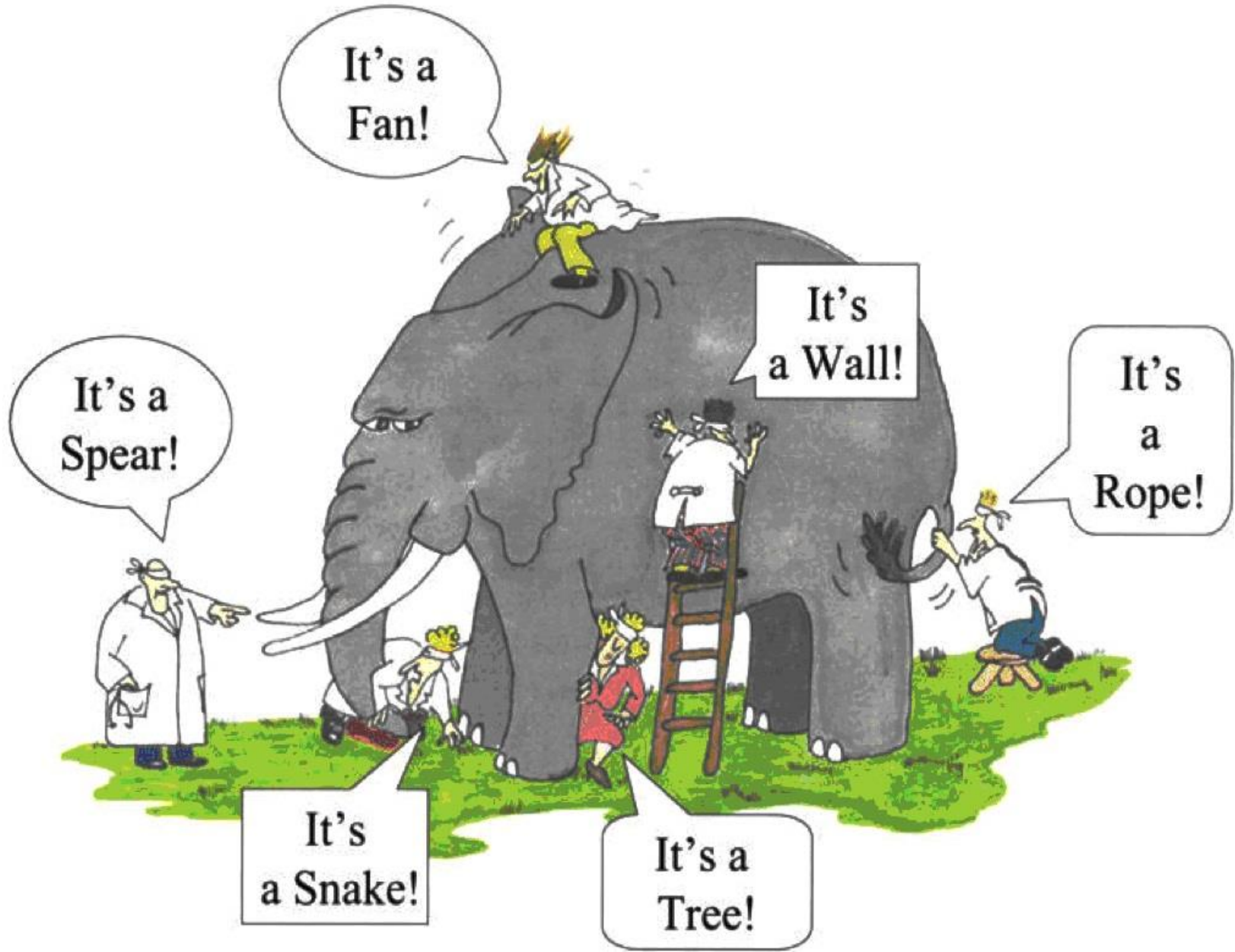


**Deficit-based, service-allocation
based labelling**

OR

**Who is best to help self-
rebuilding of personal belief,
relationships, hopes and assets**

SYSTEM RETRAUMATISING THE INDIVIDUAL



MATT

Usefulness
leads to
Hopefulness



Trauma-
informed DV

'You could direct traffic'

Critical Casualty Care

Airway
Breathing
Circulation
Disability



Critical Psychological Care



Deficit

Attach a label – alcohol, homeless, addict, runaway

Co-operation

Now turn up at my office at the right time

Behaviour

And I expect you not to be drunk, or high or aggressive

Access

I expect you to make full use of all the help I have to give you in your best interests





You cannot *drink*
from an empty cup.

FILL YOURSELF UP. YOU'RE WORTH IT.

A system that understands toxic stress

- Understands the impact of toxic stress on service users and on staff
- Recognises that stress causes us to revert back to old habits that may have been overcome in the past.
- Learning about the psychobiology of toxic stress is liberating...

it provides an explanation for some puzzling, often destructive behaviours we engage in and feelings that can come to dominate us.



Life Lesson: Put on your own oxygen mask before assisting others.



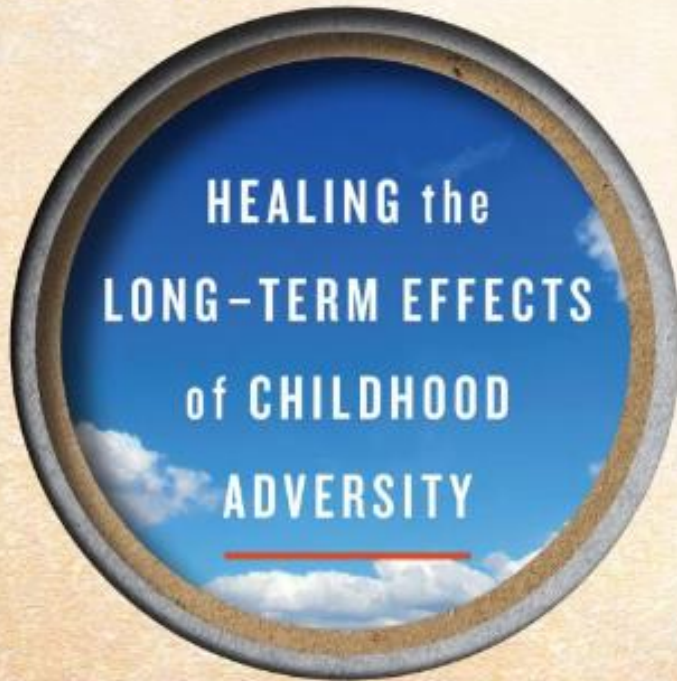
seriously.

you can't help anyone if you're dead.

Homework

Copyrighted Material

the deepest well



NADINE BURKE HARRIS, M.D.

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INTELLIGENT KINDNESS

reforming the culture of healthcare

John Ballatt & Penelope Campling

'Houseless and Hungry' by Luke Fildes depicting homeless paupers queuing outside the casual ward of a London workhouse



Recovery of safety, nurture, belonging and purpose